



Wellness Tip of the Week

with the Area Agency on Aging District 7

Healthy Eating

March is National Nutrition Month. When focusing on healthy eating, look to a variety of food, especially fruits, vegetables, and whole grains that are rich in vitamins, minerals and other nutrients. Quench your thirst with water and try shifting gradually to healthier foods and drinks to increase your chance of success. To learn more about our wellness programs, call us at 1-800-582-7277 or e-mail info@aaa7.org.